CLAIMS

1. A method for administering a daily dosage of basal insulin to a subject in need of such treatment, said method comprising:

a) administering to said subject a first dose of basal insulin at a first time point; and

b) administering to said subject a second dose of said basal insulin at a second time point,

wherein said second time point is at a fixed time interval after said first time point.

2. The method of claim 1, wherein the time interval between the first and second doses of basal insulin is about 10 hours.

3. The method of claim 1, wherein the time interval between the first and second doses of basal insulin is about 12 hours.

4. The method of claim 1, wherein the time interval between the first and second doses of basal insulin is about 14 hours.

5. The method of claim 1, wherein the first and second doses of basal insulin are different.

6. The method of claim 1, wherein the first and second doses of basal insulin are the same.

7. The method of claim 1, wherein said basal insulin is a human insulin derivative.

8. The method of claim 7, wherein said human insulin derivative is LysB29 (Nϵ-tetradecanoyl) des(B30) human insulin.

9. The method of claim 1, wherein the basal insulin is administered subcutaneously.

10. The method of claim 1, wherein said subject has type 1 or type 2 diabetes.

11. A method for administering a once daily dose of basal insulin to a subject in need of such treatment, said method comprising:

a) administering to said subject a single dose of basal insulin at a specified time on day one; and

b) repeating step a) on each successive day, where the single dose of basal insulin ministered on each successive day is administered at the about the same time the basal insulin was administered on day one.

12. The method of claim 11, wherein the specified time at which the dose of basal insulin is administered is after noon.

13. The method of claim 12, wherein the specified time at which the basal insulin is administered is after dinner.

14. The method of claim 11, wherein the basal insulin is insulin glargine.

15. The method of claim 11, wherein the basal insulin is administered subcutaneously.

16. The method of claim 11, wherein said subject has type 1 or type 2 diabetes.

17. A method for administering insulin to a subject in need of treatment, said method comprising;

a) administering a mealtime bolus dose of insulin to said subject at a first time point; and;

b) administering a basal dose of insulin to said subject at a second time point, wherein said second time point is at a fixed time interval from said first time point.

18. The method of claim 17, wherein said mealtime in step a) is dinnertime.

19. The method of claim 18, wherein said dose of bolus insulin is administered before dinnertime.

20. The method of claim 18, wherein the second time point is at a fixed time interval after said first time point.

21. The method of claim 20, wherein the time interval between the first and second time points is a time selected from between about 2 hours to about 4 hours.

22. The method of claim 18, wherein the second time point is at a fixed time interval before said first time point.

23. The method of claim 22, wherein the time interval between the first and second time point is a time selected from between about 2 hours to about 4 hours.

24. The method of claim 17, wherein the bolus insulin is human insulin.

25. The method of claim 17, wherein the bolus insulin is a human insulin analog.

26. The method of claim 25, wherein the bolus insulin is insulin lispro or insulin aspart.

27. The method of claim 17, wherein the basal insulin administered in step b) is a twice-a-day basal insulin.

28. The method of claim 27, wherein the dose of basal insulin administered at second time point in step b) is the second daily dose of basal insulin administered to said subject.

29. The method of claim 28, wherein the basal insulin is a human insulin derivative.

30. The method of claim 29, wherein the human insulin derivative is LysB29 (Nε-tetradecanoyl) des(B30) human insulin.

31. The method of claim 27, wherein the basal insulin administered to said subject is a first daily dose of basal insulin.

32. The method of claim 17, wherein the dose of basal insulin administered at the second time point in step b) is the single daily dose of basal insulin administered to said subject.

33. The method of claim 17, wherein the subject has type 1 or type 2 diabetes.

34. The method of claim 17, wherein the basal and bolus insulins are administered subcutaneously.

35. A method for administering insulin to a subject in need of such treatment; said method comprising administering to said subject within a single day:

a) a first dose of basal insulin at a first time point;

b) a mealtime dose of bolus insulin at a second time point; and

c) a second dose of basal insulin at a third time point,

wherein said second time point is at about the same time every day and wherein the time intervals between the first and third time points and the second and third time points respectively are fixed.

36. The method of claim 35, wherein the second dose of basal insulin in step c) is administered after the dose of bolus insulin in step b).

37. The method of claim 36, wherein the time interval between the second and third time points is a time selected from between about 2 hours to about 4 hours.

38. The method of claim 36, wherein the time interval between the first and third time points is about 12 hours.

39. The method of claim 36, wherein the mealtime dose of bolus insulin is administered at dinnertime.

40. The method of claim 35, wherein the first and second doses of basal insulin are the same.

41. The method of claim 35, wherein the first and second doses of basal insulin are different.

42. The method of claim 35, wherein the basal insulin is NPH human insulin.

43. The method of claim 35, wherein the basal insulin is a human insulin derivative.

44. The method of claim 43, wherein the human insulin derivative is LysB29 (Nε-tetradecanoyl) des(B30) human insulin.

45. The method of claim 35, wherein the bolus insulin is human insulin.

46. The method of claim 35, wherein the bolus insulin is a human insulin analog.

47. The method of claim 35, wherein the bolus and basal insulins are administered subcutaneously.

48. The method of claim 35, wherein the second dose of basal insulin in step (c) is administered before the bolus dose of insulin in step (b).

49. The method of claim 35, wherein the subject has type 1 or type 2 diabetes.

50. The method of claim 7, wherein said human insulin derivative is Lys^{B29}-(N^{ϵ}-(γ-glutamyl-N^{α}-lithocholyl) des(B30) human insulin.

51. The method of claim 29, wherein said human insulin derivative is Lys^{B29}-(N^{ϵ}-(γ-glutamyl-N^{α}-lithocholyl) des(B30) human insulin.

52. The method of claim 43, wherein said human insulin derivative is Lys^{B29}-(N^{ϵ}-(γ-glutamyl-N^{α}-lithocholyl) des(B30) human insulin.